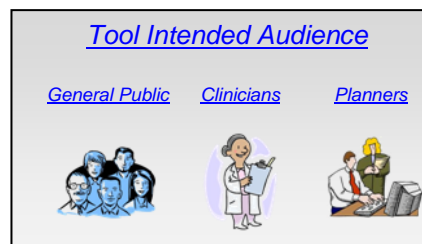


Objective 31: Reduce the proportion of children and adolescents who are considered obese

Maryland SHIP Vision Area 5: Chronic Disease
Tools, Resources, and Promising Practices
updated February 2012



Information, Facts, and Figures

[Physical Activity Guidelines for Americans](#)

Physical activity guidelines packet, including science-based guidance to help Americans improve health through physical activity.



[The Community Guide—Increase Active Living](#)

Recommendations to increase physical activity and reduce obesity, a contributor to heart disease.



[Prevent Childhood Obesity](#)

Recommendations for actions to take to prevent obesity in children ages five and younger.



[Prevent Obesity among People with Disabilities](#)

Factsheet about obesity among people with disabilities and steps for prevention.



Personalized Tools

[Body Mass Index \(BMI\) Calculator—Child and Teen](#)

BMI calculator for children and teens aged 2-19.



Promising Practices

[Playworks](#)

Provides resources and information about Playworks, an organization working to increase opportunities for physical activity and play among children.



[Let's Move](#)

The First Lady's Let's Move Initiative to reduce childhood obesity. Includes educational information and action plans for all audiences including: elected officials, schools, parents, children, chefs, restaurants and businesses.



[National Heart, Lung & Blood Institute—Hearts N' Parks](#)

Guide and tool to promote cardiovascular exercise in local communities to reduce obesity and the incidence of death and disability from chronic disease.



[Healthy Eating](#)

Includes "My Plate" nutrition guidelines, tips, tools, and assessment for healthy eating.



[School Wellness Policies](#)

This U.S. Department of Agriculture (USDA) and CDC sponsored clearinghouse can assist school districts with developing local wellness policies for physical activity and nutrition, and provides tools and resources for implementation, and un-reviewed sample policies.

